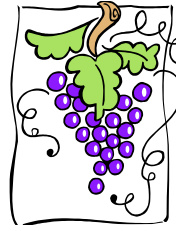




# LITE BITES COOKBOOK

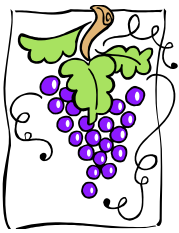
Favorite recipes from “Lite Bites” tasting events  
of the  
Worksite Wellness Committee  
of  
Louisville Metro Health Department





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## What Is “Lite Bites” ?

This is the name given to tasting events that the Louisville Metro Health Department’s Worksite Wellness Committee began in 1999 to encourage weight loss. These events allow people to have fun while tasting lower-calorie foods or food products. The foods and décor fit a timely theme. Some themes (titles) used have been: “Cold Treats” (in summer), “Breads & Spreads” (in the fall), “Holiday Treats”, “Hearty Soups” (American Heart Month), “Derby D’Lites”, “Light Fair” (August: KY State Fair month), “Salad Summerfest”, “Casserole Sampler”, “Super Snacks Sampler”, etc. Recipes are provided, in addition to the rating sheets. Costs are covered by a modest fee.

To discover the impact from these events, the rating sheets include questions about whether people have actually used any of the recipes provided or have purchased new products as a result of previous events. Fortunately, past events have opened people up to new ways of cooking and to new products. Best of all, the events have been extremely popular, with many requests to keep them coming.

The beauty of the “Lite Bites” concept is that it can be toned up or down to fit available time and resources. It could be as simple as having people take turns bringing a purchased light food to a meeting, along with rating sheets, or as big as a luncheon or dinner with much décor and props supporting a theme. It can be used at a worksite or with other groups of people, such as at churches, community centers, clubs, etc. It can also be piggy-backed onto another event.

This cookbook is a collection of some of the favorite recipes used at previous “Lite Bites” events. Try them at home, or use them (or others you may choose) at your own “Lite Bites” events. For more details, see the Appendix.



# Breakfast



## BREAKFAST CASSEROLE

### INGREDIENTS

1/2 lb. Morningstar crumbles  
1/2 tsp. sage (or to taste), optional  
1/4 tsp. red pepper  
1 1/2 c. egg substitute  
2 c. skim milk  
1 tsp. salt  
1 tsp. mustard  
4-6 slices of bread, cubed  
(enough to cover bottom of dish)  
1 c. shredded low fat cheese

**DIRECTIONS:** Heat crumbles in skillet with sage and pepper flakes. Beat eggs with milk, salt and mustard. Layer bread cubes, sausage and cheese in 9x13" baking dish. Pour egg mixture on top. Refrigerate overnight. Bake at 350 degrees for 45 minutes.

**YIELD:** 12 Servings      **SERVING SIZE:** 1/12th of recipe

**Exchanges:** 1/2 starch, 1 1/2 lean meat

### NUTRITION INFORMATION PER SERVING

111 Calories	12 gm. protein	10 gm. carb.
3 gm. fat	1 gm. sat. fat	4 mg. chol.
1 gm. fiber	524 mg. sodium	152 mg. potass.



## CHEESE GRITS

### INGREDIENTS

1/2 c. instant grits  
2 1/4 c. water  
4 oz. light Velveeta cheese, cubed  
dash of garlic powder  
2 Tbsp. light tub margarine  
1 tsp. hot sauce, if desired  
paprika

**DIRECTIONS:** In a saucepan, slowly stir grits into boiling water. Reduce heat to medium-low; cover & cook 12-14 min., or until thickened, stirring occasionally. Add cheese & garlic powder. Continue cooking until cheese melts (about 2-3 min.). Pour into square pyrex casserole (~8"x8"). Sprinkle with paprika. Serve immediately, or re-warm briefly in microwave.

**YIELD:** 6 servings

**SERVING SIZE:** 1/2 cup

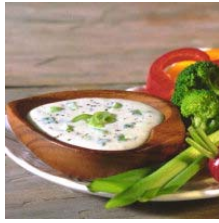
**Exchanges:** 3/4 starch, 1/2 lean meat, 1/2 fat

### NUTRITION INFORMATION PER SERVING

105 Calories	5 gm. protein	12 gm. carb.
4 gm. fat	1.5 gm. sat. fat	7 mg. chol.
0 gm. fiber	327 mg. sodium*	

\* with no added salt

## Appetizers



### VEGETABLE DIP (Fat Free)

#### INGREDIENTS

1 envelope dry vegetable soup mix  
16 oz. fat free sour cream

**DIRECTIONS:** Mix dry soup mix into fat free sour cream. Refrigerate 1 hr. & serve with raw vegetables.

**YIELD:** 2 c. (16 servings)      **SERVING SIZE:** 2 Tbsp.

**EXCHANGES:** 1/2 starch

#### NUTRITION INFORMATION PER SERVING

44 Calories	2 gm. protein	8 gm. carb.
0.5 gm. fat	0 gm. sat. fat	3 mg. chol.
0.5 gm. fiber	243 mg. sodium	



See if these recipes don't help  
you reach your 3 to 5 servings  
of vegetables daily!



### SPICY VEGETABLE DIP (Fat Free)

#### INGREDIENTS

8 oz. plain fat free yogurt  
8 oz. fat free sour cream  
1/2 c. chili sauce  
1/8 c. horseradish  
2 tsp. salt  
1/8 c. grated lemon rind  
1/4 c. minced celery  
1/8 c. minced green pepper  
1/8 c. minced green onion

**DIRECTIONS:** Mix yogurt, sour cream, chili sauce, horseradish, and salt. Then stir in the remaining ingredients. Cool in the refrigerator.

**YIELD:** 3 c. (24 servings)      **SERVING SIZE:** 2 Tbsp.

**EXCHANGES:** FREE

#### NUTRITION INFORMATION PER SERVING

20 Calories	1 gm. protein	4 gm. carb.
0 gm. fat	0 gm. sat. fat	1 mg. chol.
0 gm. fiber	285 mg. sodium	72 mg. potass.
13 RE vit. A	3 mg. vit. C	38 mg. calcium

Adapted from Family Cookbook  
American Diabetes Association  
American Dietetic Association



# Appetizers



## SPICY CHEESE BALL

### INGREDIENTS

2 c. shredded hickory smoked edam cheese	2/3 c. minced fresh parsley
1 c. fat free cottage cheese	1/2 tsp. garlic powder
1/2 c. shredded low-fat cheddar cheese	1/2 tsp. paprika
1/2 c. grated parmesan cheese	1/4 tsp. chili powder
	3 drops hot sauce

**DIRECTIONS:** In a mixing bowl, combine all ingredients, except the parsley; add 2 Tbsp. of the parsley, reserving the rest. Mix; then put in food processor until well-blended. Knead briefly and form a ball. Roll in the parsley to coat. Place on serving dish; cover and refrigerate for several hours. Bring to room temperature before serving.

**YIELD:** 16 servings

**SERVING SIZE:** 2 Tbsp.

**EXCHANGES:** 1 medium fat meat

### NUTRITION INFORMATION PER SERVING

71 Calories	6 gm. protein	1 gm. carb.
4.5 gm. fat	3 gm. sat. fat	16 mg. chol.
	200 mg. sodium	



## LIGHT CHEESE BALL

### INGREDIENTS

12 oz. fat free cream cheese, softened  
1 c. low fat shredded cheddar cheese  
1/2 c. onions, chopped  
1/4 c. chopped canned green chili, drained  
1/2 c. whole wheat Ritz crackers, crushed

**DIRECTIONS:** Blend cheeses in medium bowl with electric mixer on medium speed. Blend in chopped onions & chopped green chili. Shape cheese mixture into a ball; roll in crumbs. Refrigerate at least 1 hour. Serve as a spread with celery or with reduced fat crackers.

**YIELD:** 3 cups (24 servings)

**SERVING SIZE:** 2 Tbsp.

**EXCHANGES:** 1/3 starch + 1/2 lean meat

### NUTRITION INFORMATION PER SERVING

60 Calories	5 gm. protein	6 gm. carb.
2 gm. fat	2 gm. sat. fat	4 mg. chol.
0.5 gm. fiber	300 mg. sodium	26 mg. potass.

## Appetizers



### PECAN CHEESE BALL

#### INGREDIENTS

8 oz fat free cream cheese (tub)  
1 c. light shredded cheddar cheese  
1 pkg. (4 oz.) bleu cheese crumbles  
1/2 c. chopped pecans

**DIRECTIONS:** Blend cheeses in medium bowl with electric mixer on medium speed. Shape cheese mixture into a ball; roll in pecans. Refrigerate at least 1 hour. Serve as a spread with reduced fat crackers.

**YIELD:** 16 servings (2 c. total)      **SERVING SIZE:** 2 Tbsp.

**EXCHANGES:** 1 medium fat meat

#### NUTRITION INFORMATION PER SERVING

83 Calories	6 gm. protein	2 gm. carb
6 gm. fat	2.5 gm. sat. fat	11 mg. chol.
0.5 gm. fiber	171 mg. sodium	44 mg. potass.



### SALMON & CUCUMBER SPREAD

#### INGREDIENTS

1 c. water-packed salmon, drained  
1/2 c. finely chopped cucumber  
2 Tbsp. chopped green onion  
2 Tbsp. lemon juice  
1/8 tsp. cayenne pepper  
2 Tbsp. light mayonnaise  
20 slices party rye bread

**DIRECTIONS:** Combine salmon, cucumber, green onion, lemon juice, and cayenne. Mix mayonnaise and yogurt. Add to salmon mixture and mix to spreading consistency. Spread on party rye bread.

**YIELD:** 10 servings (1 1/3 c. total)

**SERVING SIZE:** 2 Tbsp. spread on 2 slices party rye

**Exchanges:** 1/2 starch, 1/2 medium fat meat

#### NUTRITION INFORMATION PER SERVING

86 Calories	6 gm. protein	9 gm. carb.
3 gm. fat	0.5 gm. sat. fat	13 mg. chol.
1 gm. fiber	250 mg. sodium	132 mg. potass.
		64 mg. calcium

Adapted from The Joy of Snacks

# Soup



## MINESTRONE

### INGREDIENTS

1 lg. onion, chopped	salt, to taste (optional)
2 c. chopped celery	pepper, to taste
1/4 c. olive oil	4-6 c. (combined): chopped
2 28-oz. cans tomatoes (with juice)	carrot, broccoli, potato,
4 bay leaves	green beans, green
2 Tbsp. Italian seasoning	pepper, &/or corn
2 Tbsp. garlic powder, or to taste	1 15-oz. can each: kidney, pinto, & garbanzo beans
	1 c. raw spinach pasta
	1 c. cooked barley

**DIRECTIONS:** Sauté onions & celery in oil until soft. Place in a large pot, and add tomatoes and seasonings. Begin to heat while chopping the vegetables. Once soup boils, add vegetables and remaining ingredients. Cover & simmer 30-60 min. more. Remove bay leaves.

**YIELD:** ~22 servings (~5 1/2 qts. total)      **SERVING SIZE:** 1 c.

**EXCHANGES:** 1 starch, 2 vegetable

### NUTRITION INFORMATION PER SERVING

143 Calories	5 gm. protein	25 gm. carb.
3.5 gm. fat	0.5 gm. sat. fat	0 mg. chol.
2 gm. fiber	341 mg. sodium*	490 mg. potass.
539 RE vit. A		

\* with no added salt

## KENTUCKY BURGEOO



In large kettle, combine the following:

2 lbs. boneless, skinless chicken breasts  
1 lb. beef round steak  
5 c. water  
1 16-oz. can tomatoes, cut up  
1 1/2 tsp. salt

Bring to boil; then reduce to simmer, covered, for ~1 1/2 hrs. until meats are tender. Remove the meat & cool to pull off visible fat. Dice meat. Refrigerate broth & meat separately, overnight. Skim fat. Add back the diced meat & the following ingredients:

2 med. onions, chopped	1 Tbsp. sugar
10-oz. pkg. froz.:	1 tsp. salt
lima beans, whole kernel	1 tsp. dried thyme, crushed
corn, & cut okra	1 bay leaf
1 c. chopped celery	1 Tbsp. Worcestershire sauce
1 green pepper, chopped	1/4 tsp. hot pepper sauce

Cover & simmer about 30 min., or until vegetables are tender. Shake together in a jar:

1/2 cup cold water & 2 Tbsp. flour

Stir in and return to a boil (will thicken slightly). Remove bay leaf. To serve, stir in:

1/4 cup of snipped parsley

**YIELD:** 20 servings (5 qts. Total)      **SERVING SIZE:** 1 c.

**EXCHANGES:** 1/3 starch, 1 vegetable, 1 1/2 very lean meat

### NUTRITION INFORMATION PER SERVING

109 Calories	12 gm. protein	11 gm. carb.
2 gm. fat	0.5 gm. sat. fat	29 mg. chol.
2 gm. fiber	372 mg. sodium	336 mg. potass.



# Soup



## POTATO SOUP

### INGREDIENTS

1 Tbsp. olive oil  
 1 lg. onion, chopped  
 1 clove garlic, minced  
 6-8 c. potatoes, cubed  
 3 15-oz. cans fat free chicken broth  
 2 c. water  
 ~7 drops hot pepper sauce  
 Salt (optional) & pepper, to taste  
 1 c. 1% milk  
 10 3/4-oz. can Campbell's cheddar cheese soup

**DIRECTIONS:** In a large pot, sauté onions in oil until translucent; then add garlic & sauté lightly ~1 min. Add potatoes & sauté 1 min. or more. Add broth, water, hot sauce, salt & pepper. Cover pot & cook until potatoes are tender (~25 min.) Mix cheese soup & milk tog. & warm in microwave; stir into soup & heat only until soup returns to a boil.

**Yield:** 18 servings

**Serving Size:** 1 cup

**Exchanges:** 1 starch, 1/2 fat

### NUTRITION INFORMATION PER SERVING

107 Calories	5 gm. protein	15 gm. carb.
3 gm. fat	1.5 gm. sat. fat	5 mg. chol.
1 gm. fiber	533 mg. sodium*	362 mg. potass.

\* without added salt



## SPLIT PEA SOUP

### INGREDIENTS

2 c. dry split peas	4 cloves garlic
1 c. dry red beans or lentils	4 bay leaves, whole
16 c. water	1/4 c. Worcestershire sauce
4 carrots, sliced	1 1/2 Tbsp. salt
6 stalks celery, sliced	1/2 tsp. pepper
1 lg. sliced onion	4 drops Tabasco sauce

**DIRECTIONS:** Soak peas and beans overnight; drain & rinse in a colander. Place all ingredients (including the water) in a large pot and simmer until tender (~1 1/2 to 2 hrs.) Remove garlic cloves and bay leaves. Mash with a potato masher or puree in food processor. Delicious served over saltines & garnished with roasted, crushed sesame seeds. May freeze.

**Yield:** 20 servings

**Serving Size:** 1 cup

**Exchanges:** 1/2 starch, 1 very lean meat, 2 vegetable

### NUTRITION INFORMATION PER SERVING

113 Calories	7 gm. protein	21 gm. carb.
0.5 gm. fat	0 gm. sat. fat	0 mg. chol.
1.5 gm. fiber	577 mg. sodium	439 mg. potass.
799 RE vit. A		

**“Comfort Foods”**



## RAISIN BROCCOLI SALAD

### INGREDIENTS

1 large bunch broccoli  
7 strips turkey bacon  
½ c. raisins  
¼ c. onion, chopped  
2 Tbsp. Splenda  
¼ c. fat free Miracle Whip  
1 Tbsp. vinegar

**DIRECTIONS:** Wash & drain the broccoli; cut florets into bite-sized pieces (omit stem). Prepare bacon, as directed, until crisp. Drain & crumble into small pieces. In a large bowl, combine all ingredients. Refrigerate 2 hrs. before serving.

**YIELD:** 10 servings

**SERVING SIZE:** 1 cup

**EXCHANGES:** 2 vegetable, ½ fat

### NUTRITION INFORMATION PER SERVING

76 Calories	4 gm. protein	12 gm. carb.
2 gm. fat	0.5 gm. sat. fat	7 mg. chol
2 gm. fiber	207 mg. sodium	308 mg. potass.
114 RE vit. A	64 mg. vit. C	44 mg. calcium

## LIGHT PASTA SALAD

### INGREDIENTS

1 1/2 c. dry tricolor spiral pasta  
(3 c. cooked)  
1 large ripe tomato, chopped  
1 medium green pepper, chopped  
1 c. low-fat shredded cheese  
6 Tbsp. light Italian salad dressing  
large lettuce leaves

**DIRECTIONS:** Cook pasta according to package directions. Combine all ingredients, except lettuce, and chill. Serve on a bed of lettuce.

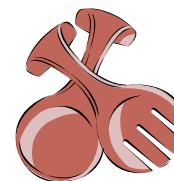
**YIELD:** 6 servings

**SERVING SIZE:** 1 cup

**EXCHANGES:** 1 starch, 1 vegetable, 1 very lean meat

### NUTRITION INFORMATION PER SERVING

134 Calories	8 gm. protein	17 carb.
4 gm. fat	1 gm. sat. fat	8 mg. chol
1 gm. fiber	352 mg. sodium	119 mg. potass.
111 RE vit. A	19 mg. vit. C	181 mg. calcium



## Entrees



### TURKEY TETRAZINI

#### INGREDIENTS

12 oz. dried rotini	1/2 c. fat free evap. milk
non-stick spray	2 Tbsp. non-alcoholic white wine (optional)
1 med. onion, diced	2 Tbsp. grated Parmesan cheese
1/2 green pepper, diced	2 oz. diced pimientos, drained
2 cloves garlic, minced	1/8 tsp. pepper
8 oz. fresh mushrooms, sliced	1/4 c. plain dry bread crumbs
12 oz. cooked skinless turkey breast, cubed (~ 2 c.)	
10 3/4 oz. cream of chicken soup (low fat & sodium)	

**DIRECTIONS:** Cook pasta per pkg. instructions (omit salt & oil). Drain & set aside. Meanwhile, preheat oven to 350 degrees. Coat a deep skillet with non-stick spray. Sauté onion, bell pepper, and garlic over medium heat for 2-3 min., or until soft. Add mushrooms; cook 2 min., or until soft. Add pasta to skillet. Stir in remaining ingredients, except bread crumbs. Coat a 3-quart casserole dish with non-stick spray. Pour pasta mixture into casserole dish. Sprinkle top with bread crumbs. Bake, covered, for 35-40 minutes.

**Yield:** 8 servings

**Serving Size:** 1/8 of casserole

**EXCHANGES:** 2 starch, 1 vegetable, 2 very lean meat

#### NUTRITION INFORMATION PER SERVING

265 Calories	19 gm. protein	39 gm. carb.
2.5 gm. fat	1 gm. sat. fat	31 mg. chol.
2 gm. fiber	204 mg. sodium	342 mg. potass.



### LIGHT TUNA CASSEROLE

#### INGREDIENTS

1 1/3 c. bow tie pasta or 1 c. macaroni  
 1 c. chopped celery  
 1/3 c. chopped onions  
 1 can (approx. 11 oz.) 99% fat free & reduced salt condensed cream-of-mushroom soup  
 3/4 c. evaporated skim milk  
 1 can (9 1/4 oz.) water-packed tuna, drained  
 1/4 c. drained & chopped pimientos (optional)  
 2 Tbsp. fat-free grated Parmesan cheese  
 snipped fresh parsley

**DIRECTIONS:** Cook pasta per package instructions. Drain & set aside. Preheat oven to 375 degrees. Coat med. saucepan with non-stick spray; add the celery & onions. Cook & stir over medium heat until tender. Stir in the soup & milk. Gently stir in the pasta, tuna & pimiento. Transfer mixture to a 1 1/2 qt. casserole. Sprinkle with Parmesan cheese. Bake 25-30 min. at 375 degrees, or until heated through. Garnish with parsley.

**Yield:** 4 servings

**Serving Size:** 1/4 of casserole

**EXCHANGES:** 2 starch, 2 1/2 very lean meat, 1 vegetable

#### NUTRITION INFORMATION PER SERVING

283 Calories	26 gm. protein	36 gm. carb.
3 gm. fat	1 gm. sat. fat	28 mg. chol.
1.5 gm. fiber	660 mg. sodium	763 mg. potass.
		259 mg. calcium



## CHILI CON CARNE

### INGREDIENTS

1 lb. ground turkey	1/2 tsp. basil, dry
1 med. onion, chopped	1 tsp. oregano, dry
2 cloves garlic, chopped	1 bay leaf
1 1/2 Tbsp. chili powder	1/4 tsp. salt, or to taste
28 oz. canned tomatoes	1 tsp. sugar
2 Tbsp. tomato paste	1/2 c. (~2 oz.) uncooked
2 c. water	spaghetti (broken up)
1 chopped chili pepper	15 oz. dark red kidney
&/or hot sauce, to taste	beans, canned, undrained
(optional)	

**DIRECTIONS:** Sauté turkey, onion, & garlic together; drain. Place in a large pot and mix in chili powder. Add all remaining ingredients, except spaghetti & beans, and simmer ~1 hr. Add spaghetti & beans and cook 10-15 min. longer. Remove bay leaf before serving.

**Yield:** 8 servings

**Serving Size:** 1 cup

**EXCHANGES:** 1 1/2 starch, 2 very lean meat

### NUTRITION INFORMATION PER SERVING

189 Calories	15 gm. protein	22 gm. carb.
5 gm. fat	1.5 gm. sat. fat	41 mg. chol.
2 gm. fiber	491 mg. sodium	602 mg. potass.
237 RE vit. A		

## CRUSTLESS SPINACH QUICHE



### INGREDIENTS

10 oz. frozen chopped spinach  
 2 eggs + 1/2 c. egg substitute  
 1/3 c. chopped onion  
 1 1/2 c. low fat cottage cheese  
 1 c. shredded light mozzarella cheese  
 1/3 c. chopped lean ham  
 2 Tbsp. grated Parmesan cheese

**DIRECTIONS:** Cook spinach according to package directions; drain & squeeze to remove all liquid. Beat eggs; stir in spinach, onion, cottage cheese, mozzarella cheese and ham. Pour into ungreased 8 or 9-inch pie pan. Sprinkle Parmesan cheese over top. Bake at 325 degrees for 1 hour. Cut into 6 wedges. Leftovers can be reheated the next day.

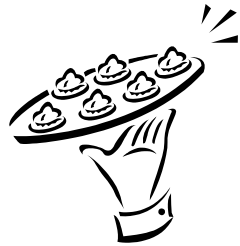
**YIELD:** 6 servings

**SERVING SIZE:** 1/6 of quiche

**EXCHANGES:** 1 vegetable, 3 lean meat

### NUTRITION INFORMATION PER SERVING

173 Calories	20 gm. protein	4 gm. carb.
7.5 gm. fat	3.5 gm. sat. fat	86 mg. chol.
1.5 gm. fiber	644 mg. sodium	184 mg. potass.
1400 RE vit. A		



## ZUCCHINI PIZZA SLICES

### INGREDIENTS

3 med. zucchini, each sliced into 12 rounds  
 6 oz. tomato paste  
 36 thin slices (1 1/2" square), 6 oz. total, part skim mozzarella cheese (or grated)  
 1/3 c. grated Parmesan cheese  
 mixed Italian herbs (fresh & crumbled, or dry), to taste

**DIRECTIONS:** Parboil zucchini in boiling water for 1 min. or until crisp and tender; remove with slotted spoon; drain on paper towels. Place zucchini in a single layer on a baking sheet. Top each with 1 tsp. tomato paste & a slice of mozzarella cheese. Sprinkle with 1/2 tsp. Parmesan cheese; top with sprinkling of herbs. Broil 4 inches from heat for 3 min., or until cheese is melted & zucchini is heated through. Serve hot.

**YIELD:** 12 servings

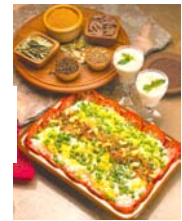
**SERVING SIZE:** 3 slices

**EXCHANGES:** 1 vegetable, 1 lean meat

### NUTRITION INFORMATION PER SERVING

64 Calories	5 gm. protein	5 gm. carb.
3 gm. fat	1.5 gm. sat. fat	11 mg. chol.
1 gm. fiber	234 mg. sodium	286 mg. potass.

Adapted from The Joy of Snacks



## SQUASH CASSEROLE

### INGREDIENTS

1 Tbsp. canola oil	1 egg
1 medium onion, chopped	1 c. low fat, low sodium chicken broth (or enough to moisten)
1 lb. yellow squash, sliced	nonstick cooking spray
1 c. shredded carrots	
1 6-oz. pkg. stuffing mix	
1 c. light sour cream	

**DIRECTIONS:** Preheat oven to 375 degrees. Heat oil in a small skillet over medium heat. Add the onion; sauté for 5 min. Combine remaining ingredients in a large bowl; add onion & mix well. Coat a 2-quart baking dish with nonstick cooking spray & transfer the mixture to the dish. Bake 30-40 min., or until bubbly.

**YIELD:** 8 servings

**SERVING SIZE:** 1/2 cup

**EXCHANGES:** 1 starch, 1 vegetable, 1 fat

### NUTRITION INFORMATION PER SERVING

163 Calories	5 gm. protein	23 gm. carb.
6 gm. fat	2 gm. sat. fat	37 mg. chol.
3 gm. fiber	356 mg. sodium	

From Southern-Style Diabetic Cooking  
 American Diabetes Association



## Beverages



### FRUIT SMOOTHIE

#### INGREDIENTS

½ of 6-oz. can frozen Dole pineapple-orange banana juice concentrate (or flavor of your choice)  
1 c. low fat strawberry ice cream or frozen yogurt  
1 c. skim milk

**DIRECTIONS:** Blend all ingredients in blender. Serve immediately.

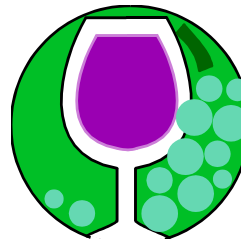
**YIELD:** 5 servings      **SERVING SIZE:** 1/2 cup

**EXCHANGES:** 1/2 fruit, 1/2 milk

#### NUTRITION INFORMATION PER SERVING

83 Calories	3 gm. protein	14 gm. carb.
1.5 gm. fat	1 gm. sat. fat	7 mg. chol.
0 gm. fiber	52 mg. sodium	144 mg. potass.
43 RE vit. A	5 mg. vit. C	90 mg. calcium

*Refreshing!*



### FRUIT PUNCH

#### INGREDIENTS

1/2 gal. apple juice  
1 quart purple grape juice  
1 quart orange juice  
1 liter diet ginger ale

**DIRECTIONS:** Chill & pour all ingredients together into punch bowl. This makes a nice mock red wine.

**YIELD:** 40 servings (~5 quarts)      **SERVING SIZE:** 1/2 cup

**EXCHANGES:** 1 fruit

#### NUTRITION INFORMATION PER SERVING

48 Calories	0 gm. protein	12 gm. carb.
0 gm. fat	0 gm. sat. fat	0 mg. chol.
0 gm. fiber	14 mg. sodium	130 mg. potass.
5 RE vit. A	12 mg. vit. C	

*Delicious!*

## Beverages



### CRANBERRY NOG

#### INGREDIENTS

- 1/2 of 6-oz. can frozen cranberry juice concentrate
- 1 c. low fat strawberry ice cream or frozen yogurt
- 1 c. skim milk

**DIRECTIONS:** Blend all ingredients in blender. Serve immediately. For variations, try substituting frozen concentrate of other juices, such as orange, raspberry, etc.

**YIELD:** 5 servings

**SERVING SIZE:** 1/2 cup

**EXCHANGES:** 1 1/4 starch

#### NUTRITION INFORMATION PER SERVING

104 Calories	3 gm. protein	19 gm. carb.
1.5 gm. fat	1 gm. Sat. fat	1 mg. chol.
0 gm. fiber	43 mg. sodium	89 mg. potass.

Nutritious!



### MOCK WHITE SANGRIA

#### INGREDIENTS

- 3 two-liter bottles of Diet Sprite
- 2 tubs of Crystal Light Yellow Lemonade powder (amount used to make 4 quarts):  
do not add water
- 6 15-oz. cans of pineapple chunks (in own juice)

#### Frozen Fruit Ring

- 1 quart pineapple juice
- 1 8-oz. can mandarin oranges with juice

**DIRECTIONS:** First prepare the frozen fruit ring by mixing & pouring the pineapple juice and mandarin oranges into a ring-shaped form. Freeze until solid. Pour the Sprite & lemonade powder into a punch bowl & mix well. Mix in the pineapple chunks. Add the frozen fruit ring. Refrigerate overnight before serving. Makes about 2 1/4 gallons.

**YIELD:** 64 servings

**SERVING SIZE:** 1/2 cup

**EXCHANGES:** 2/3 fruit

#### NUTRITION INFORMATION PER SERVING

38 Calories	0.5 gm. protein	9 gm. carb.
0 gm. fat	0 gm. sat. fat	0 mg. chol.
0 gm. fiber	1 mg. sodium	94 mg. potass.

## Desserts



### PHILLY FREE CHEESECAKE

#### INGREDIENTS

3 pkgs.(8 oz. each) fat free cream cheese  
 3/4 c. sugar  
 1 tsp. vanilla  
 2 eggs + 2 egg whites  
 1/3 c. graham cracker crumbs  
 1 1/2 c. strawberry slices (or assorted fruit)

**DIRECTIONS:** Soften the cream cheese. Beat with sugar and vanilla on med. speed until well blended. Add eggs & whites; mix just until blended (do not overbeat after adding eggs). Spray 9-inch pie pan with non-stick spray; sprinkle bottom with crumbs. Pour cream cheese mixture into pie pan. Bake in pre-heated 325-degree oven for 45 min., or until center is almost set. Cool. Refrigerate 3 hrs. or overnight. Top with fruit.

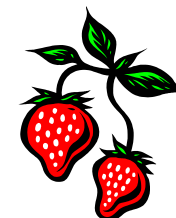
**YIELD:** 9-inch pie (12 slices)      **SERVING SIZE:** 1 slice

**EXCHANGES:** 1 1/2 starch, 1 very lean meat

#### NUTRITION INFORMATION PER SERVING

146 Calories	10 gm. protein	24 gm. carb.
1 gm. fat	0 gm. sat. fat	38 mg. chol.
0.5 gm. fiber	303 mg. sodium	50 mg. potass.

### STRAWBERRY SHORTCAKE



#### INGREDIENTS

1 angel food cake, purchased  
 8 oz. Fat Free Cool Whip  
 2 quarts fresh strawberries  
 4 packets Equal, or to taste

**DIRECTIONS:** Slice strawberries; sprinkle with Equal. Gently toss to mix. Cover & refrigerate for several hours. Slice cake into thin layers & place in a shallow serving dish (~9"x13"). Spread with the strawberries & then the Cool Whip.

**YIELD:** 16 servings      **SERVING SIZE:** 1/16th of recipe

**EXCHANGES:** 1 1/2 starch, 3/4 fruit

#### NUTRITION INFORMATION PER SERVING

157 Calories	3 gm. protein	35 gm. carb.
0.5 gm. fat	0 gm. sat. fat	0 mg. chol.
2 gm. fiber	327 mg. sodium	267 mg. potass.
	42 mg. vit. C	71 mg. calcium



## Desserts



### MOCK TIRAMISU

#### INGREDIENTS

9 lady fingers (or 1/2 angel food cake)  
1/2 c. hot coffee + 2 Tbsp. sugar +  
1 tsp. unsweetened cocoa powder  
8 oz. fat free sour cream (1 c.)  
1/2 c. unsifted confectioners' sugar  
3 oz. light cream cheese (in tub)  
1 tsp. vanilla extract  
8 oz. fat free whipped topping  
~1 tsp. unsweetened cocoa powder

**DIRECTIONS:** Stir hot coffee, sugar and cocoa powder together in a small bowl; allow to cool. Cut lady fingers (or angel food cake) into bite-sized pieces & place in a bowl. Pour coffee mixture over pieces. In a medium mixing bowl, beat sour cream, confectioners' sugar, cream cheese and vanilla on medium speed until smooth. Fold in whipped topping. Place half of the soaked pieces into an 8x8" glass dish. Cover with half of the sour cream mixture. Sprinkle with ~3/4 tsp. of the cocoa powder, using a fine-mesh strainer. Repeat layers, using ~1/4 tsp. of cocoa powder as a dusting on top. Garnish as desired.

**YIELD:** 9 servings (8 x8" dish) **SERVING SIZE:** 1/9 of recipe

**EXCHANGES:** 2 starch, 1/2 fat

#### NUTRITION INFORMATION PER SERVING

196 Calories	3 gm. protein	32 gm. carb.
2.5 gm. fat	4 gm. sat. fat	6 mg. chol.
0.5 gm. fiber	456 mg. sodium	

Modified from Low-Fat & Luscious Desserts  
American Heart Association

### PUMPKIN BREAD



#### INGREDIENTS

1 c. sugar	1 1/4 tsp. salt
1/2 c. canola oil	2 tsp. baking soda
2 Tbsp. + 2 tsp. Sweet'n Low	1 tsp. baking powder
1/2 c. unsweetened applesauce	1 tsp. each: cinnamon, nutmeg & allspice
4 eggs, beaten	1/2 tsp. ground cloves
1 can pumpkin (16 oz.)	2/3 c. water
3 1/2 c. all-purpose flour <u>or</u>	1 c. chopped walnuts
2 1/2 c. white flour +	
7/8 c. whole wheat flour	

**DIRECTIONS:** Mix the sugar and oil together. Stir in the diet sweetener and applesauce; then the beaten eggs and pumpkin. Sift the dry ingredients together and mix in, alternating with the water. Fold in the nuts until well blended. Pour into two well-oiled and floured 9x5 inch bread pans. Bake in pre-heated 350 degree oven for 1 1/2 hours, or until toothpick inserted comes out clean. Let cool 10 min.; carefully remove from pan. Refrigerate after 1 day. (Stores for several weeks in the refrigerator or freezer.)

**YIELD:** 2 loaves (18 slices ea.)

**SERVING SIZE:** 1 slice

**EXCHANGES:** 1 starch, 1 fat

#### NUTRITION INFORMATION PER SERVING

126 Calories	2.5 gm. protein	17 gm. carb.
6 gm. fat	0.5 gm. sat. fat	20 mg. chol.
1 gm. fiber	144 mg. sodium	75 mg. potass.
546 RE vit. A		

# *Appendix*

## ABBREVIATIONS

For nutrient data, fat grams and fiber have been rounded to the nearest half gram. Other nutrients have been rounded to the nearest whole unit.

c. = cup  
carb. = carbohydrate  
chol. = cholesterol  
gm. = gram  
hr. = hour  
lb. = pound  
med. = medium  
mg. = milligram  
min. = minutes  
oz. = ounce  
pkg. = package  
potass. = potassium  
qt. = quart  
RE = Retinol Equivalents  
sat. = saturated  
Tbsp. = tablespoon  
tsp. = teaspoon  
vit. = vitamin



## “LITE BITES” PLANNING

Use this planning sheet when offering larger “Lite Bites” events.

<p><b><u>People Responsible</u></b></p>	<p><b>FOODS</b>          -# of servings to prepare: _____          -foods to be served, who will prepare each, portion size for each &amp; how each will be served</p> <p><b>PR</b>          -Info. to include:            title, “Lite Bites” phrase, day, date, time, location, price, “Compliments of...”          -types of PR to use: posters, e-mail, PA system, etc.</p> <p><b>DÉCOR &amp; PROPS (some optional)</b>          -posters, wall decorations, tape          -tablecloths, centerpieces          -serving trays, baskets, etc.          -decorative objects related to theme          -recipes, educational materials &amp;/or displays          -containers from foods served, if desired, for educational purposes          -props for any additional activities being offered</p>	<p><b><u>People Responsible</u></b></p>	<p><b>ITEMS NEEDED (some optional)</b>          -cups &amp; plates (sizes _____)          -napkins (color _____ size _____)          -plastic cutlery (types _____)          -baskets, etc., for above          -serving dishes, trays, utensils          -plastic gloves, aprons          -pitchers / ice          -urns, stirring sticks, sweeteners, etc.          -salt / pepper / condiments          -paper towel, zip-lock bags, plastic wrap, foil, etc.          -clean-up bucket &amp; sponge          -microwave, coolers          -camera          -music source          -rating forms &amp; pencils, recipes          -table tents (fee for event, to label foods, etc.)          -money container + change</p> <p><b>WORKERS</b>          -list &amp; times of those setting up, collecting fees, serving, taking photos, cleaning up, etc.          -if you plan to do additional activities at the event, list of workers with schedules</p> <p><b>OTHER TASKS</b>          -room reservation &amp; diagrams          -reimburse those purchasing          -tally rating sheets &amp; post results          -thank-you notes or e-mails to workers</p>
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## RATING SHEET - INSTRUCTIONS

The rating sheet on the back can be used as a generic form for your “Lite Bite” events. You may use recipes from this cookbook, or any low-calorie recipes or products of your choosing.

- Fill in the title you have chosen for your event.
- Record the name of each food entry.
- In the rating section to the right of each food entry, circle “buy” if the entry was purchased or “prepare”, if it was made from a recipe.
- In the bottom box with the border design, list (to the right of the lines) the foods offered at your previous “Lite Bites” event, under the appropriate column. (If this is your 1st event, omit this section.)
- Make copies (colored paper to coordinate with the decor) to place at each table with pencils for people to fill them out.
- Tell them when they arrive that there are rating sheets on each table to be turned in as they leave.
- After the event, tally and post the results, showing the “Winning Recipe” or product.
- After your 2nd event, note how many people have prepared the recipes or purchased the products. This shows whether your events are changing people’s behavior.

If you prefer, you may design your own rating sheet.



# “LITE BITES”

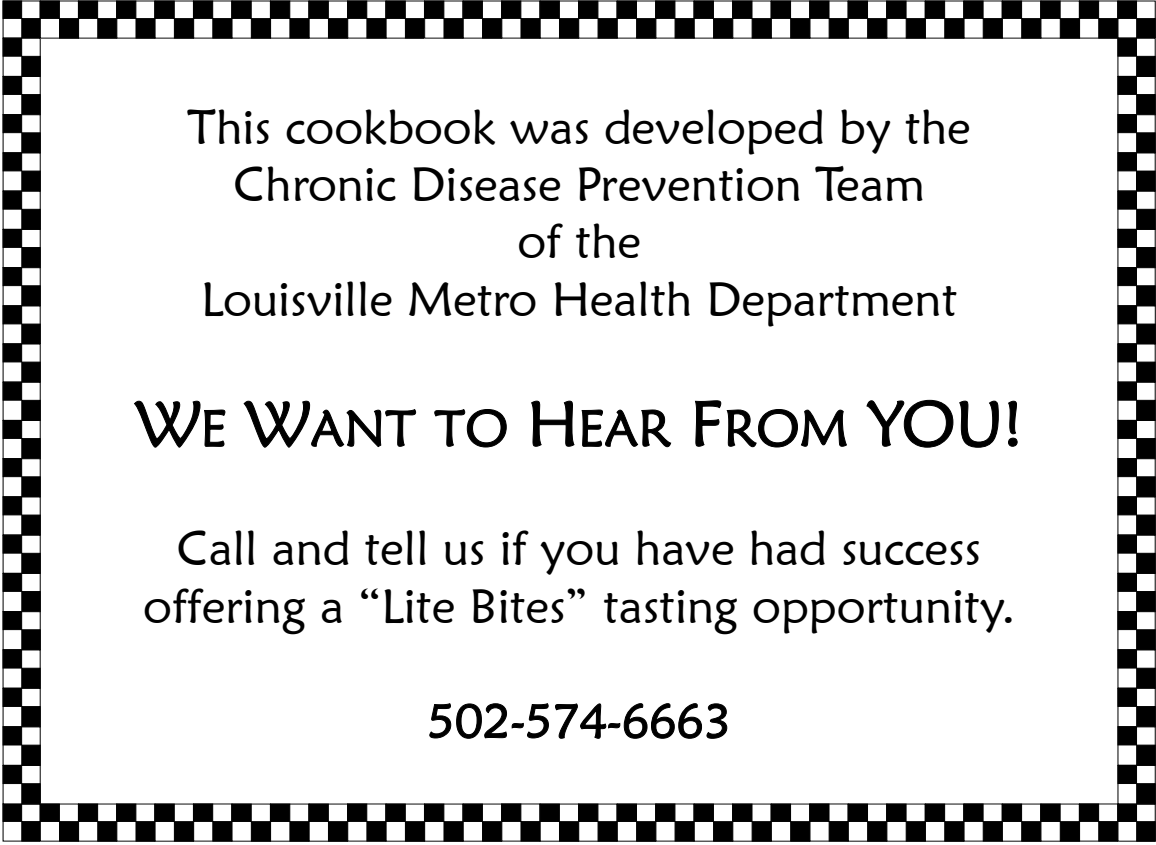


Title \_\_\_\_\_

**Please Rate:**

Entry 1:	excellent    good    fair    poor Would you be likely to buy/prepare this food? ____yes    ____no    ____unsure
Entry 2:	excellent    good    fair    poor Would you be likely to buy/prepare this food? ____yes    ____no    ____unsure
Entry 3:	excellent    good    fair    poor Would you be likely to buy/prepare this food? ____yes    ____no    ____unsure
Entry 4:	excellent    good    fair    poor Would you be likely to buy/prepare this food? ____yes    ____no    ____unsure

Please check any recipes you prepared or foods you purchased that were served at the last “Life Bites” event:	
<u>Recipes</u>	<u>Purchased Foods</u>
_____	_____
_____	_____
_____	_____
_____	_____
<u>Comments:</u>	_____ Did not attend



This cookbook was developed by the  
Chronic Disease Prevention Team  
of the  
Louisville Metro Health Department

**WE WANT TO HEAR FROM YOU!**

Call and tell us if you have had success  
offering a “Lite Bites” tasting opportunity.

**502-574-6663**